

# Shine Your Light

拍数: 40      墙数: 2      级数: Improver contra dance  
编舞者: Barbara R. K. Wallace (CAN)  
音乐: Shine Your Light - The Mavericks



## **TRAIN STEP, ½ PIVOT LEFT, RIGHT SHUFFLE FORWARD**

1-4            Rock forward right, recover left, rock back right, recover left  
5-6            Step forward right, ½ pivot left  
7&8            Shuffle forward right, left, right

## **TWO LEFT KICK BALL CHANGES, ROCK SIDE LEFT AND RECOVER WITH ¼ TURN RIGHT, LEFT SHUFFLE FORWARD**

9&10           Kick the left foot forward, step on ball of left foot, transfer weight to right foot  
11&12          Kick the left foot forward, step on ball of left foot, transfer weight to right foot  
13-14          Rock side left, recover on right foot making ¼ turn to right  
15&16          Shuffle forward left, right, left

## **RIGHT CUCARACHA, LEFT CUCARACHA**

17-18           Grind ball of right foot to right side (put weight on right foot) recover on left  
19&20          Shuffle on the spot right, left, right  
21-22           Grind ball of left foot to left side (put weight on left foot) recover on right  
23&24          Shuffle on the spot left, right, left

**Use some "hip action" on the curcarachas**

## **VINE 2, BALL CROSS, VINE 2 BALL CROSS, STEP TOUCH (SYNCOPATED VINE EIGHT)**

25-26           Step side right, cross left foot behind  
&27            Step on the ball of the right foot, cross the left foot in front  
28-29           Step side right, cross left foot behind  
&30            Step on the ball of the right foot, cross the left foot in front  
31-32           Step side right, touch left foot beside right

**Alternate steps for 25-32 - vine 7 and a touch- side right, left behind, side right, left in front, side right, left behind, side right and touch left toe beside right foot**

## **LINDY LEFT, TWO 1/8 TURNS LEFT**

33&34           Side shuffle left, right, left  
35-36           Rock back on the right, recover left  
37-38           Step forward on the right, make 1/8 turn left (weight on left foot)  
39-40           Step forward on the right, make 1/8 turn left (weight on left foot)

**On the above 4 counts, use your hips to get you around**

## **REPEAT**

**Have fun with this as a "contra" line dance. Line up facing your partner. You may need to make some subtle adjustments in your steps so that you go through the lines "back to back" during counts 25-32.**